

Physical Conditioning Groups

Yoga Therapy and Meditation Groups

Research has shown that Yoga and meditation help manage or control anxiety, arthritis, asthma, back pain, blood pressure, chronic fatigue, depression, headaches and stress. Many of these symptoms can be a result of a person's brain injury and can also be at the root of substance use disorders. There are many different types of meditation which all work to slow down the chatter of the mind and promote relaxation and mental clarity. By concentrating Yoga and meditation on the reduction of stress and tension, increasing self-esteem, stimulating the immune system and promoting better physical flexibility and proper breathing, it produces a sense of well being and calm. This provides a process for the client to increase inner awareness. The Yoga exercises can be adapted to clients with limited movement or confined to a wheel chair. A certified, registered professional conducts the sessions which are one hour in length or as stamina permits; documented in a progress note to include date, times, and signature of client.

